



Navy Drug Detection and Deterrence News

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Messages to Share

Below are sample messages that can be shared on social media or as Plan of the Week notes aligned with Navy Drug Detection and Deterrence's prevention efforts:

1. Fireworks, barbecues, swimming and other water activities are highlights of July. The high temps and summertime activities like these can create some dangerous situations for families. July is the Navy and Marine Corps Public Health Center's Safety Month. Find the toolbox and learn how to play it safe all summer long at go.usa.gov/xy3cD.
2. With 11 states now allowing recreational marijuana, some Sailors may be unsure of whether they can use it. Navy policy is clear: both THC or CBD are prohibited. Protect your Navy career and your future. Steer clear of products that could contain THC or CBD.
3. Did you know that 28% of those injured by fireworks are between the ages of 25 and 44? Be careful and cautious, and be sure to keep the little ones in your life a safe distance from Roman candles and firecrackers this 4th of July. Learn more about fireworks safety from the Consumer Product Safety Commission at cpsc.gov/fireworks.
4. The Navy has now added fentanyl and norfentanyl to the standard drug testing panel. Sailors who test positive for these or other tested substances could face disciplinary action, administrative separation and potential impacts on future veteran benefits or employment opportunities.

For help with a substance or alcohol use issue, contact your local DAPA, or call 1-866-U-ASK-NPC.

Energy Drinks and Summer Heat

In the heat of summer, especially while exercising, it is important to stay hydrated. The body loses water through sweat in an attempt to cool itself. In particularly humid weather, sweat doesn't evaporate as quickly, potentially leading to overheating, heat exhaustion or heat stroke. Summer heat is responsible for more than 600 preventable deaths each year, but staying hydrated and making smart decisions can help protect you and your family in high summer temps.



Harmful Ingredients

Before reaching for just any drink to rehydrate, consider whether the ingredients can perpetuate dehydration. Janet R. Thornton, a professor from Purdue University studying dietary supplements, recommends **abstaining** from energy drinks especially during the summer due to their high caffeine content. They also often contain other ingredients that increase caffeine's effects and promote dehydration. Caffeine and **ingredients** like taurine, sugar, glucuronolactone and certain herbs lead to restricted blood flow to the brain, heart, and other vital organs and increase muscle fatigue.

Cardiovascular Risks

A 2018 study conducted by University of Texas **researchers** found that among 44 healthy study participants, just one 24-ounce energy drink increased the risk of heart attack and stroke by narrowing blood vessels within only 90 minutes. Some **studies** have shown a potential link between the caffeine and taurine or glucuronolactone in energy drinks and cardiovascular issues such as increased heart rate and blood pressure which can increase stroke risk. In addition to narrowed blood vessels and irregular heartbeat, ingredients in energy drinks can thicken the blood and increase the risk of clotting.

Keeping Cool

To prevent heat injury, try scheduling outdoor activities in the morning or late in the day when temperatures are cooler and wearing loose-fitting, lightweight clothing. And instead of grabbing a caffeinated energy drink, the **Centers for Disease Control and Prevention** recommends drinking plenty of water before signs of thirst. Gatorade and other sports drinks are fine, but be sure to make the distinction between "sports drinks" and "energy drinks," which are often grouped together in beverage displays. Skip the caffeine and stick with the safer hydration options to stay healthy in the summer heat.



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DEFY Launches Worldwide

Drug Education For Youth (DEFY) is launching its year-long program at 23 command-sponsored sites worldwide.

DEFY provides leadership and life skills with team-building, goal-setting, decision-making and conflict resolution activities. The program is designed to strengthen and improve resistance to negative influences such as drug use, bullying and criminal activity.

DEFY relies heavily on volunteers to be a successful program, which is beneficial to both volunteers and attendees alike. Commands can help ensure local program success by providing necessary operational resources, helping recruit volunteers and supporting the command staff who serve as role models for youth participants. DEFY provides valuable real-life experience including mentoring, tutoring, supervision, logistics, public speaking and finances. Despite the hard work and long hours, many Sailors and Marines that have actively participated in a DEFY program return to their commands a better service member.

To learn more about DEFY, contact the program office by phone at (901)874-3300 or email at MILL_N17_DEFY@navy.mil. Visit the website for more information at www.DEFY.navy.mil or on Facebook at facebook.com/HQDEFY. The 2019-2020 program sites are listed below:

Bahrain; Camp Pendleton, CA; El Centro, CA; New London, CT; Guantanamo Bay; Corry Station, FL; Jacksonville, FL; Key West; Pensacola; Tampa Bay; Fort Gordon, GA; Kaneohe Bay, HI; Naples, Italy; Sigonella, Italy; Yokosuka, Japan; Fort Meade, MD; Earle, NJ; Tinker, OK; Charleston, SC; Rota, Spain; Millington, TN; NCTAMS LANT, Norfolk, VA; and Bremerton, WA

To find out your local program's start dates or any other information about DEFY, contact the program office or your local program point of contact.



Current and Upcoming Events

July DDD Webinars

All webinars are scheduled for 1000-1130 CT and 1700-1830 CT

3 — HOLIDAY—NO WEBINAR

17 — End of Year Testing with UIC Status

31— New IFTDTL Portal Update and Possible Demonstration

To join, log on at go.usa.gov/xPPS2.

ADAMS for Leaders, DAPA, UPC & Drug Aware Courses

Can be accessed using your CAC by logging in to My Navy Portal (MNP) at my.navy.mil.

NMCPHC Safety Month

July

Find the toolbox at go.usa.gov/xy3cD.

Independence Day

July 4

Find fireworks safety tips at cpsc.gov/fireworks.

Marijuana Legalization Updates

The Illinois General Assembly passed the Illinois Cannabis Regulation and Tax Act (House Bill 1438) on May 31, legalizing recreational marijuana starting on January 1, 2020. That makes Illinois the eleventh US state to legalize recreational marijuana. Sailors at Great Lakes or at an installation in any other state with legalized recreational marijuana are still subject to Navy drug policy which prohibits marijuana based on the Controlled Substances Act. Not only does Navy drug policy prohibit tetrahydrocannabinol (THC), it also prohibits cannabidiol (CBD).

Remember: Navy policy prohibits the use of any substance or product that comes from the cannabis plant, no matter where a Sailor may be stationed. Whether it's a marijuana joint, special brownies, a cannabis vape pen or a CBD gummy bear, Sailors should not consume it. Even though CBD products are marketed as miracle supplements and THC-free, they are not regulated by the US Food and Drug Administration; therefore, those claims cannot be confirmed. Avoid the risk by avoiding CBD products. And if living in a state with legalized marijuana, keep your eyes out for THC- or CBD-containing supplements, foods or beverages. CBD oil can be pricey, but losing your Navy career could be much more costly.